

St. Gregory's Episcopal Church
The Third Sunday in Lent
March 8, 2026

PRELUDE.....Sr. Helena Marie, CHS, Music Director

THE ANGELUS

The Angelus is a traditional Christian devotion offered before Holy Eucharist and Morning and Evening Prayer in honor of the Incarnation. It is usually accompanied by the ringing of the church bell (in three sets of three for each versicle, response, and Hail Mary, followed by one set of nine for the concluding prayer). You may pray it as the bell rings, or use the silence to prepare for worship in your own way.

The first three bells



*V. The angel of the Lord announced unto Mary,
R. And she conceived by the Holy Spirit.*

Hail Mary, full of grace, the Lord is with you.
Blessed are you among women,
and blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God
pray for us sinners, now,
and at the hour of our death.

The second three bells

*V. Behold the handmaid of the Lord.
R. Be it unto me according to your word.*

Hail Mary, full of grace...

The third three bells

*V. And the Word was made flesh.
R. And dwelled among us.*

Hail Mary, full of grace...

The nine bells



*V. Pray for us, O holy Mother of God,
R. That we may be made worthy of the promises of Christ.*

Pour your grace into our hearts, O Lord, that we who have known the incarnation of your Son Jesus Christ, announced by an angel to the Virgin Mary, may by his cross and passion be brought to the glory of his resurrection; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

PROCESSIONAL HYMN.....*The Hymnal 1982, #692*

1 I heard the voice of Je - sus say, "Come un - to me and rest;
 2 I heard the voice of Je - sus say, "Be - hold, I free - ly give
 3 I heard the voice of Je - sus say, "I am this dark world's light;

and in your wea - ri - ness lay down your head up - on my breast."
 the liv - ing wa - ter; thirst - y one, stoop down and drink, and live."
 look un - to me, your morn shall rise, and all your day be bright."

I came to Je - sus as I was, so wea - ry, worn, and sad;
 I came to Je - sus, and I drank of that life - giv - ing stream;
 I looked to Je - sus, and I found in him my Star, my Sun;

I found in him a rest - ing place, and he has made me glad.
 my thirst was quenched, my soul re - vived, and now I live in him.
 and in that light of life I'll walk till pil - grim days are done.

**The bracketed notes are to be treated as triplet groups.*

Words: Horatius Bonar (1808-1889), alt. Music: *The Third Tune*, Thomas Tallis (1505?-1585?); ed. John Wilson (1905-1992).
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OPENING ACCLAMATION AND CONFESSION

Celebrant Bless the Lord who forgives all our sins.
People **God's mercy endures for ever.**

Celebrant Jesus said, "The first commandment is this: Hear, O Israel: The Lord your God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these." *Mark 12:29-31*

Let us confess our sins against God and our neighbor.

A brief silence is kept.

Minister and People

**Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.**

The Priest says

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.
Amen.

KYRIE

Cantor or Choir *All* *Cantor or Choir*

Lord, have mer - cy. Lord, have mer - cy. Christ, have mer - cy.

All *Cantor or Choir* *All*

Christ, have mer - cy. Lord, have mer - cy. Lord, have mer - cy.

THE COLLECT OF THE DAY

Celebrant The Lord be with you.
People **And also with you.**
Celebrant Let us pray.

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

THE FIRST READING.....Exodus 17:1-7

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the Lord?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the Lord, "What shall I do with this people? They are almost ready to stone me." The Lord said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the Lord, saying, "Is the Lord among us or not?"

Reader Hear what the Spirit is saying to God's people.
People **Thanks be to God.**

THE RESPONSE (chanted in unison)Psalm 95

- 1 Come, let us sing to the | **Lord**; *
let us shout for joy to the Rock of our sal|vation.
- 2 Let us come before God's presence with thanks|giving *
and raise to the Lord a shout with | **psalms**.
- 3 For you are a great | **God**; *
you are great above all | **gods**.
- 4 In your hand are the caverns of the | **earth**, *
and the heights of the hills are yours | **also**.
- 5 The sea is yours, for you | **made it**, *
and your hands have molded the | **dry land**.

- 6 Come, let us bow down, and bend the | **knee**, *
and kneel before the Lord our | **Maker**.
- 7 For you are our God,
and we are the people of your pasture and the sheep of your | **hand**. *
Oh, that today we would hearken to your **voice**:
- 8 “Harden not your hearts, as your forebears did in the | **wilderness**, *
at Meribah, and on that day at Massah,
when they | **tempted me**.
- 9 “They put me to the | **test**, *
though they had seen my | **works**.
- 10 “Forty years long I detested that generation and | **said**, *
‘This people are wayward in their hearts;
they do not know my | **ways**.’
- 11 “So I swore in my | **wrath**, *
‘They shall not enter into my **rest**.’”

THE EPISTLE.....*Romans 5:1-11*

A Reading from the Letter of Paul to the Romans.

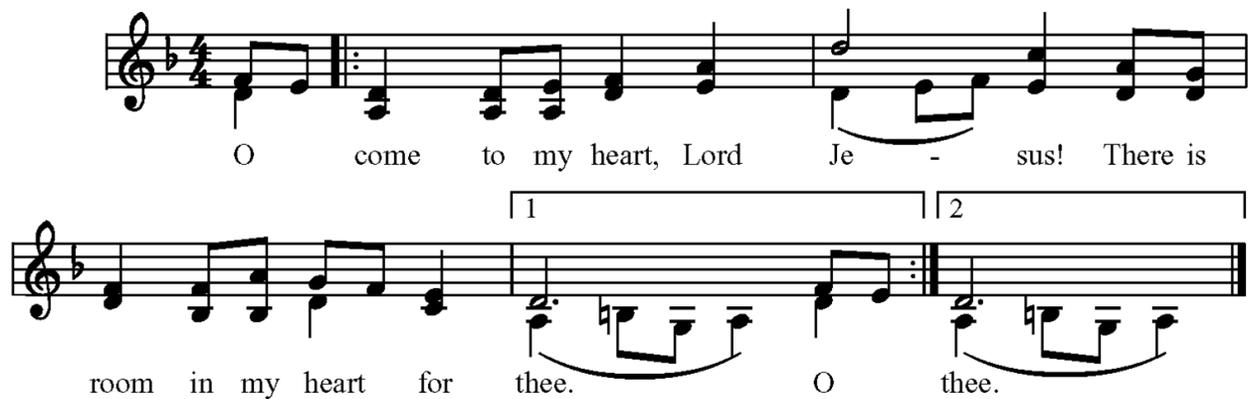
Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

Reader Hear what the Spirit is saying to God's people.
People **Thanks be to God.**

GOSPEL ACCLAMATION

Words: Emily Elizabeth Steele Elliott
Music: William Bradley Roberts



THE GOSPEL.....*John 4:5-42*

Celebrant The Holy Gospel of our Lord Jesus Christ according to John.
People **Glory to you, Lord Christ.**

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob’s well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, “Give me a drink.” (His disciples had gone to the city to buy food.) The Samaritan woman said to him, “How is it that you, a Jew, ask a drink of me, a woman of Samaria?” (Jews do not share things in common with Samaritans.) Jesus answered her, “If you knew the gift of God, and who it is that is saying to you, ‘Give me a drink,’ you would have asked him, and he would have given you living water.” The woman said to him, “Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?” Jesus said to her, “Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.” The woman said to him, “Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.”

Jesus said to her, “Go, call your husband, and come back.” The woman answered him, “I have no husband.” Jesus said to her, “You are right in saying, ‘I have no husband’; for you have had five husbands, and the one you have now is not your husband. What you have said is true!” The woman said to him, “Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem.” Jesus said to her, “Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.” The woman said to him, “I know that Messiah is coming” (who is called Christ). “When he comes, he will proclaim all things to us.” Jesus said to her, “I am he, the one who is speaking to you.”

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, “What do you want?” or, “Why are you speaking with her?” Then the woman left her water jar and went back to the city. She said to the people, “Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?” They left the city and were on their way to him.

Meanwhile the disciples were urging him, “Rabbi, eat something.” But he said to them, “I have food to eat that you do not know about.” So the disciples said to one another, “Surely no one has brought him something to eat?” Jesus said to them, “My food is to do the will of him who sent me and to complete his work. Do you not say, ‘Four months more, then comes the harvest’? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, ‘One sows and another reaps.’ I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor.”

Many Samaritans from that city believed in him because of the woman’s testimony, “He told me everything I have ever done.” So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, “It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world.”

Celebrant The Gospel of the Lord.
People **Praise to you, Lord Christ.**

THE SERMON.....The Rev. Matthew Wright

THE NICENE CREED

We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.

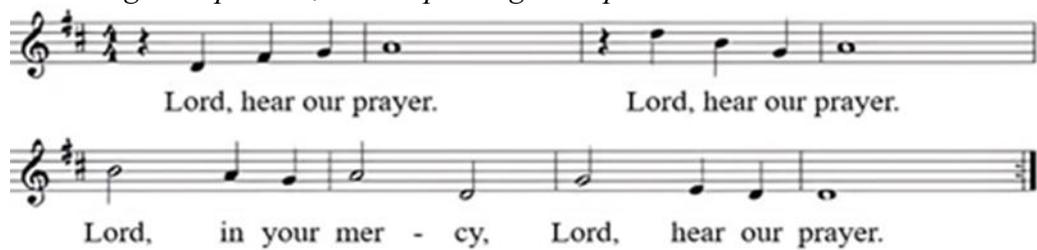
We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father.
Through him all things were made.
For us and for our salvation
he came down from heaven:
by the power of the Holy Spirit
he became incarnate from the Virgin Mary,
and was made man.
For our sake he was crucified under Pontius Pilate;

he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son.
With the Father and the Son he is worshiped and glorified.
He has spoken through the Prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.

THE PRAYERS OF THE PEOPLE

Following each petition, the People sing in response



Lord, hear our prayer. Lord, hear our prayer.

Lord, in your mer - cy, Lord, hear our prayer.

Text and Music: Liam Lawton, b. 1959; © 1995

The Celebrant adds a concluding Collect.

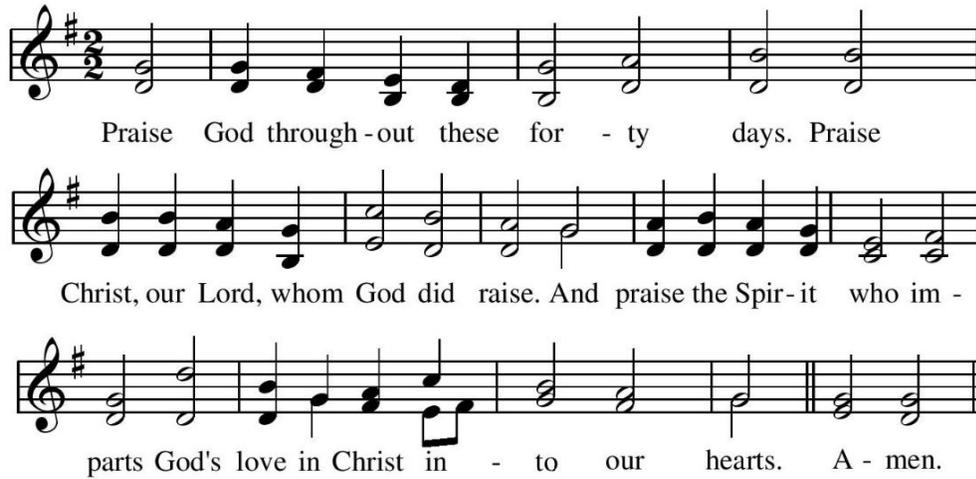
THE PEACE

Celebrant The peace of Christ be always with you.
People **And also with you.**

The people greet one another with a sign of Christ's peace. Parish announcements may be made.

OFFERTORY ANTHEM *(sung by choir)*

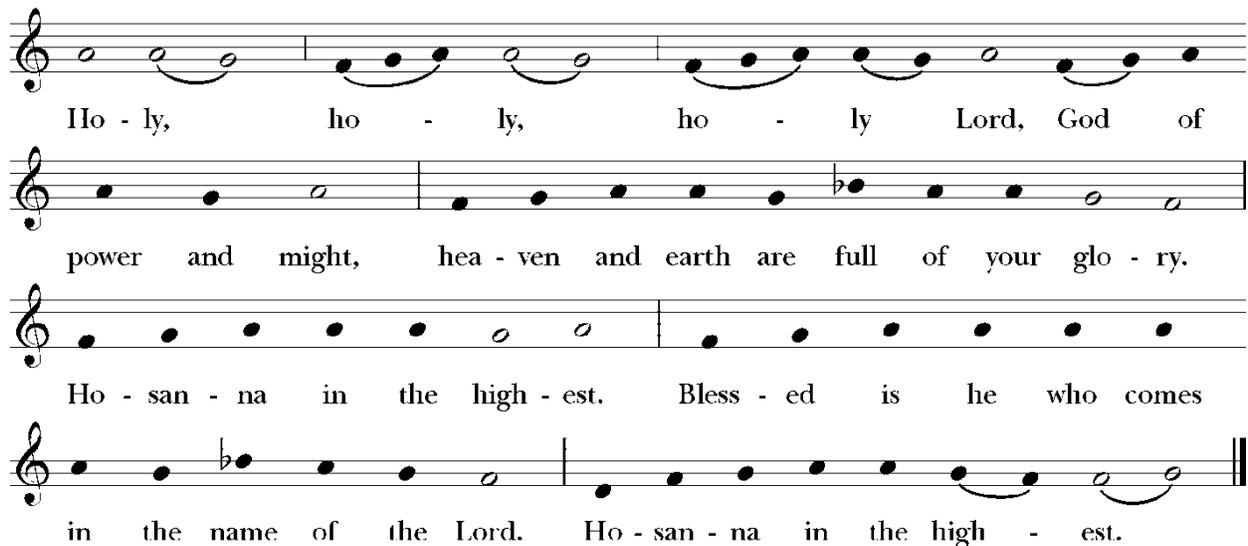
DOXOLOGY (*sung by all, standing in body or spirit*)



Praise God through-out these for - ty days. Praise
Christ, our Lord, whom God did raise. And praise the Spir-it who im -
parts God's love in Christ in - to our hearts. A - men.

Celebrant The Lord be with you.
People **And also with you.**
Celebrant Lift up your hearts.
People **We lift them to the Lord.**
Celebrant Let us give thanks to the Lord our God.
People **It is right to give God thanks and praise.**

It is right, and a good and joyful thing, always and every where to give thanks to you, Almighty God, Creator of heaven and earth, through Jesus Christ our Lord; who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again. Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:



Ho - ly, ho - ly, ho - ly Lord, God of
power and might, hea - ven and earth are full of your glo - ry.
Ho - san - na in the high - est. Bless - ed is he who comes
in the name of the Lord. Ho - san - na in the high - est.

The Celebrant continues the Eucharistic prayer.

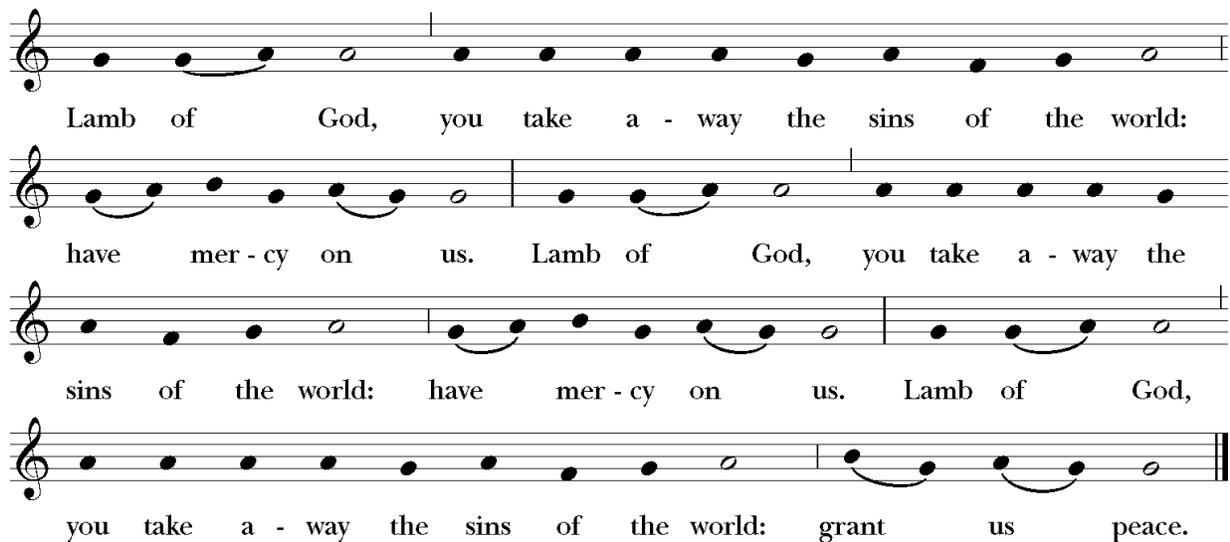
All this we ask through your Son Jesus Christ: By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. *AMEN*.

And now, as our Savior Christ has taught us, we are bold to say,

**Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.**

THE BREAKING OF THE BREAD

The Celebrant breaks the consecrated Bread. A brief silence follows. All then joining in singing



Lamb of God, you take a - way the sins of the world:
have mer - cy on us. Lamb of God, you take a - way the
sins of the world: have mer - cy on us. Lamb of God,
you take a - way the sins of the world: grant us peace.

The Prayer of Humble Access

We do not presume to come to this your Table, O merciful Lord, trusting in our own righteousness, but in your manifold and great mercies. We are not worthy so much as to gather up the crumbs under your Table. But you are the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of your dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.

If you are unable to physically participate in Communion, you may offer a Prayer of Spiritual Communion during this time.

A Prayer of Spiritual Communion

In union, O Lord, with the faithful at every altar of your Church where the Holy Eucharist is now being celebrated, I desire to offer you praise and thanksgiving. I present to you my soul and body with the earnest wish that I may always be united to you, and, since I cannot now receive you sacramentally, I beseech you to come spiritually into my heart. I unite myself with you, and embrace you with all the love of my soul. Let nothing ever separate you from me. May I live in you, and may you live in me, both in this life and in the life to come. Amen.

POST-COMMUNION PRAYER

Almighty and everliving God,
we thank you for feeding us with the spiritual food
of the most precious Body and Blood
of your Son our Savior Jesus Christ;
and for assuring us in these holy mysteries
that we are living members of the Body of your Son,
and heirs of your eternal kingdom.
And now, Father, send us out
to do the work you have given us to do,
to love and serve you
as faithful witnesses of Christ our Lord.
To him, to you, and to the Holy Spirit,
be honor and glory, now and for ever. Amen.

THE BLESSING

RECESSIONAL HYMN.....*Voices Found, #24,*

1 When, like the wo - man at the well, I
 2 Christ knew my heart, my way - ward ways, yet
 3 I learned I could for - ev - er live and
 4 Each day I lift my cup a - bove and
 5 Since now I am in grace im - mersed, set

lived with bro - ken dreams, _____ Christ came to me, good
 gave me hope, not fear. _____ The God I once thought
 wor - ship God a - right, _____ could trust the power the
 once a - gain re - ceive _____ the liv - ing wa - ter
 free, for - giv - en, whole, _____ I share with those who

news to tell, of ev - er liv - ing streams. _____
 far a - way, I could ap - proach, draw near. _____
 Spi - rit gives to guide me in truth's light. _____
 of God's love, re - vealed for my be - lief. _____
 are a - thirst the well - springs of my soul. _____

Fine

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THE DISMISSAL

Celebrant Let us bless the Lord.
People **Thanks be to God.**